

HOW MAY WE HELP YOU?



Ask about these programs.

CONGREGATE MEALS provide nutritious and balanced meals, nutrition education, and nutrition risk screening for Kentuckians 60 years and older and their spouses. You can find Congregate Meal sites in your local senior citizen centers, nutrition sites, and churches. [Contact your local Area Agency on Aging or call 1-877-925-0037 for more information.](#)

HOME-DELIVERED MEALS, also known as Meals on Wheels, provide nutritious and balanced meals that are delivered to the door of a homebound Kentuckian 60 years and older and their spouses. Priority is given to frail and isolated individuals. [Contact your local Area Agency on Aging or call 1-877-925-0037 for more information.](#)

SENIOR FARMERS MARKET NUTRITION PROGRAM is funded by the United States Department of Agriculture and provides vouchers to qualified Kentuckians age 60 years and older for purchase fresh produce from a certified local farmer. This program is offered in the spring/summer. [Contact 1-502-564-9358 for more information, or visit: <http://www.kyagr.com/consumer/senior-farmer-market.html>](#)

FOOD PANTRIES AND FOOD BANKS are places where basic essentials and non-perishable food items are supplied free of charge to people in need. Some food banks have a separate program for seniors. [Contact your local Area Agency on Aging or call 1-877-925-0037 for more information.](#)

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) (formally known as the food stamp program) is a food benefit program that allows people with little to no income afford healthy food and nutritional diets. Assistance is provided on an EBT (Electronic Benefit Transfer) card, which works much like a debit card. Apply in 2 ways:

1. Visit: <http://chfs.ky.gov/dCBS/dfs/foodstampsebt.htm> and download the application or
2. Call SNAP Benefits Information: 1-855-306-8959



Kentucky Cabinet for Health and Family Services
Department for Aging and Independent Living
275 East Main Street 3E-E
Frankfort Kentucky 40621
Phone: 502-564-6930